* Where do I feel safe to talk?
* Who will I feel the most comfortable talking to?
* Who’s important in my life, and can help you understand the things that matter to me?
* Have you thought about how I’m feeling and my body language?
* Are there any other external factors that might make this conversation difficult for me at the moment?
* Do I know or understand why we’re having this conversation?
* Are you focusing on the things I can do, rather than the things I can’t do? (Is this conversation focusing on my strengths?)
* Are you really listening?
* Are you asking open and simple questions that let me express what I need, want or wish?
* Do you know what my communication needs are, and the tools I may need to use to communicate with you?
* Are you delving deeper into what I’m saying? Are you asking further questions if I’m not being very open?
* Are you recording exactly what I’m saying, in my own words? Are you using my own words to paint the picture, and sharing this with other people?